

GP appointment prep sheet: the HRT conversation (printable)

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NICE guideline NG23 says care should be individualised and that your clinician should discuss the benefits and risks of each option with you and make the decision together with you. This sheet helps you arrive with the information that makes that shared decision easier. It is preparation, not a prescription.

Name: _____ Date: _____

Record before you go

- Your main symptoms and how much they affect daily life (use our menopause symptoms checklist)
- Your periods now: regular, irregular, or stopped, and roughly when they changed
- Your age and, if periods have stopped, how long ago
- Personal medical history: blood clots, stroke, heart disease, breast or other cancer, liver problems, migraines
- Family history of the above, especially breast cancer and blood clots
- All medicines and supplements you take (bring the boxes or a list)
- Smoking, alcohol, and roughly your height and weight
- What you are hoping for from the appointment

Questions you might ask

- Are my symptoms likely to be perimenopause or menopause?
- What are my options, including HRT, non-hormonal medicines and lifestyle measures?
- What are the benefits and the risks of HRT for me specifically?
- If HRT is an option, what type and form (tablet, patch, gel, spray), and why?
- What is the difference between combined and oestrogen-only HRT, and which applies to me?
- Is vaginal oestrogen an option for dryness or bladder symptoms?
- How soon might I notice a difference, and what side effects should I watch for?
- When would we review it, and what would make us change or stop?

- What should I do if it is not helping?

Understanding the decision (NICE NG23)

- NICE recommends discussing the benefits and risks of each management option, and the specific benefits and risks of combined versus oestrogen-only HRT.
- The guideline stresses that the choice should reflect your own needs, preferences and values. There is rarely one right answer; it is a decision you make together with your clinician.
- Treatment is usually reviewed, so it is normal to adjust type, dose or form over time.

After the appointment, note

- What was decided and why: _____
- What to watch for: _____
- Review date: _____

Sources:

- NICE guideline NG23, Menopause: identification and management (published 2015, updated 2024). <https://www.nice.org.uk/guidance/ng23>
- NHS, Menopause: treatment. <https://www.nhs.uk/conditions/menopause-and-perimenopause/treatment/>

Information only, not medical advice. Your GP or menopause clinician decides, with you, what is right for your situation.